

## WHEN YOU ARE 11 TO 14

### POINTS TO REMEMBER

#### SAFETY

- ♥ RECOGNIZE your body is growing and changing.
- ♥ AVOID the use of alcohol, tobacco and drugs.
- ♥ ASK your parents to install smoke detectors in your home and CHANGE the batteries twice a year when the time changes in the spring and fall.
- ♥ ALWAYS wear a seat belt correctly when riding in an automobile. NEVER ride in a vehicle if you suspect the driver has been using alcohol or drugs.
- ♥ LEARN to swim and know the safety rules of water.
- ♥ ALWAYS wear sunscreen when outside for long periods of time.
- ♥ DISCUSS your parent's safety rules with them, including those about visitors, use of the telephone, and what to do in case of a fire or other emergencies. Conduct fire drills at home.
- ♥ NEVER carry or use a weapon of any kind.
- ♥ ALWAYS wear a helmet when riding a bicycle or an all-terrain vehicle.
- ♥ AVOID high noise levels, especially in music headsets.
- ♥ DEVELOP techniques to protect yourself from physical, emotional, and sexual abuse.
- ♥ IF YOU are experiencing emotional, physical, or sexual abuse, (i.e. If someone is hurting you or making you do things with your body you don't want to do.) TELL your health-care provider, a responsible adult, or call the ABUSE HOT LINE 1-800-752-6200 for help.

#### NUTRITION

- ♥ EAT three meals a day, choose a variety of healthy foods and eat meals with your family on a regular basis. WHEN you eat snacks, choose nutritious foods, such as fruit, raw vegetables, yogurt, cereal, or crackers. LIMIT high fat, low nutrient snacks, such as candy, chips, or soft drinks.
- ♥ SELECT a nutritious meal from the school cafeteria or pack a balanced lunch to take from home.
- ♥ ACHIEVE and MAINTAIN a healthy weight.
- ♥ MANAGE your weight through good eating habits and regular physical activity.



#### HEALTHY TEETH

- ♥ CONTINUE to brush your teeth twice daily. FLOSS your teeth daily.
- ♥ TAKE fluoride supplements as recommended by your health care provider.
- ♥ WEAR protective sports gear such as a mouth guard or face protector.
- ♥ SCHEDULE a dental visit every six months, unless your dentist recommends otherwise. As permanent molars erupt, make sure your Dentist evaluates them for the application of a dental sealant.
- ♥ DO NOT smoke, chew or use smokeless tobacco.

## MENTAL HEALTH

- ♥ TAKE on new challenges that will increase your self-confidence.
- ♥ CONTINUE learning about yourself (i.e., what is important to you, what you believe in, etc.).
- ♥ LEARN to feel good about yourself through learning what your strengths are and listening to what good friends and valued adults say about you.
- ♥ FOLLOW family rules, such as those for curfews, television viewing, and chores.
- ♥ BECOME responsible for your own school attendance, homework, and course selection.
- ♥ LEARN to recognize and deal with stress.
- ♥ UNDERSTAND the importance of your religious and spiritual needs and try to fulfil them. If you often feel scared, depressed, angry or hopeless, talk to an adult you trust or to your guidance counselor.

## SEXUALITY

- ♥ ASK your health care provider any questions you may have about body changes during puberty, including variations from individual to individual. GIRLS may have questions regarding menstruation.
- ♥ ASK your health care provider any questions you may have about birth control or sexually transmitted diseases.
- ♥ NOT HAVING SEX is the safest way to prevent pregnancy and sexually transmitted diseases, including HIV infection/AIDS.
- ♥ LEARN about ways to say NO to sex. KNOW the concept of “COERCION”, which means tactics used to get a person to do something they do not want to do. These tactics include: PERSUASION (“I know you really want to...”), PRESSURE (“If you loved me you would...”), MANIPULATION, (“You’re the only one who understands me; I can’t live without you...”), BLACKMAIL, (“If you don’t, I will...”), GUILT, (“I took you out; you owe me”, “but I gave up friends, party, someone else for you”), and PUT DOWNS, (“No one else will ever want you”).
- ♥ LEARN TECHNIQUES for being ASSERTIVE about sexual activity. USE statements like “When you \_\_\_\_, it makes me feel \_\_\_\_” or “I want you to \_\_\_\_ or I will \_\_\_\_”. AVOID alcohol and drugs as these agents may be used to manipulate a person into sexual activity. AVOID situations that may lead to coercive attempts (example: being home alone with your boyfriend). SUGGEST alternatives (“Let’s go get pizza”), IDENTIFY consequences (“I could get pregnant”), or LEAVE and WALK away if necessary. INDIVIDUALS have the right to REFUSE to engage in sexual activity or to END the activity at any time.
- ♥ IF you are engaging in sexual activity, including intercourse, ask your health care provider for an examination and discuss methods of birth control. Learn about SAFE SEX.